

# Minced Pork and Bean Curd Sheets in Oyster Sauce

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-tofu-with-minced-pork-recipe>

## Ingredients:

- 300 grams minced pork
- 4 bean curd sheets pcs dried, rehydrated and sliced
- 2 stalks spring onions chopped
- 3 tablespoons oyster sauce
- 2 tablespoons soy sauce
- 2 teaspoons brown sugar
- 1/2 cup Chinese cooking wine
- 1/2 cup water
- red chillies Dried, chopped
- 4 cloves garlic minced
- 2 teaspoons sesame oil
- peanut oil

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 50 milligrams
4. Fat: 11 grams
5. Protein: 17 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 860 milligrams
8. Sugar: 2 grams

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